

# Official 2017 Charity Walk Registration Form

Sponsored by



Saturday, MAY 20th 7:00 am

EACH WALKER MUST FILL OUT FORM Ala Moana Beach Park- McCoy Pavilion

NAME \_\_\_\_\_ AGE \_\_\_\_\_ TEL. NO. \_\_\_\_\_  
 (Last) (First) (Middle Initial)

MAILING ADDRESS \_\_\_\_\_ EMAIL \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ ORGANIZATION/SCHOOL \_\_\_\_\_  
 if applicable Hawaii Meals on Wheels

In consideration of the furtherance of your purposes, objectives and work, and in consideration of your permitting me to participate in your CHARITY WALK, on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all rights and claims for damages which I may have against you, the properties through which the CHARITY WALK will take place, as well as any person(s) connected with the CHARITY WALK, their heirs, executors, administrator, successors and assigns for any and all injuries which I may suffer while taking part in the CHARITY WALK, or as a result thereof. I also allow the CHARITY WALK and its affiliates the right to publish, print, display, record and use my name, image and likeness while at the CHARITY WALK in any and all media now known or hereafter devised.

Walkers under the age of 12 must be accompanied by an adult.  
 Walkers under the age of 18 must have this application signed by a parent or guardian.

X \_\_\_\_\_  
 WALKER'S SIGNATURE

X \_\_\_\_\_  
 PARENT OR GUARDIAN (IF WALKER IS UNDER 18 YEARS)

**IMPORTANT: Walkers under the age of 18 must have this application signed by parent or guardian.**

**TURN IN THIS SHEET BEFORE WALK. MAKE A COPY FOR YOURSELF. DEADLINE MAY 4th**

	PRINT SPONSORS' LAST NAMES	NUMBER, STREET, TOWN, ZIP CODE	DONATION	AMOUNT COLLECTED
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16	PLEASE CIRCLE YOUR T-SHIRT SIZE - S M L XL			
17				
18				

**I AM UNABLE TO PARTICIPATE BUT WOULD LIKE TO MAKE A DONATION**

Thank you for joining the Visitor Industry CHARITY WALK.  
 Please make checks payable to Hawai'i Meals On Wheels

TOTALS \* \_\_\_\_\_

Mail to:  
 Hawai'i Meals On Wheels  
 PO Box 61194 Honolulu, Hawaii 96839-1194  
 telephone 808-988-6747

\* COST FOR WALKERS ABOVE 18 years old donation of \$40 or more  
 COST FOR WALKERS UNDER 18 years of age- donation of \$25 regardless of age

All donations may be tax deductible.

# Instructions for Walkers

## BEFORE THE CHARITY WALK

1. Walkers may have as many sponsors as they can find. A walker should have donations totaling \$40 or more (under 18 years old is \$25 regardless of age). Individual organizations may have higher minimums for t-shirts, etc.
2. Donation forms should be filled out clearly and legibly.
3. Original copy of the walker form and monies collected are to be turned into your company representative or the Charity Walk headquarters prior to the walk or at the registration desk on the day of the walk.
4. Make and keep a copy of the Charity Walk form for yourself.
5. We recommend flat donations.
6. Donations should be collected prior to the walk so funds may be submitted during registration.

## MORNING OF THE CHARITY WALK

1. Leave ALL pets at home including dogs in strollers or on leashes.
2. Turn in collected donations to the registration desk if you have not preregistered or if you collected additional monies.
3. Registration will be located at the starting point (see map).
4. Remember to make transportation arrangements for after the CHARITY WALK.

## DURING THE CHARITY WALK

1. Obey all traffic regulations. Always walk on the sidewalks where possible.
2. Wear light-colored clothing so that you are more easily visible to drivers.
3. First aid supplies will be on hand at all checkpoints.
4. Do not accept a ride from any car that is not marked as an official CHARITY WALK car! Transportation in official CHARITY WALK cars will be available to return tired/injured walkers to the starting point.
5. Keep our State clean - DO NOT LITTER!
6. If you have had it - QUIT. The CHARITY WALK is not a race or endurance contest. Qualified personnel at checkpoints may advise you to drop out if you appear ill/injured. PLEASE take their advice.

## For More Information

Call 808-923-0407 (O'ahu only)

# Tips for Walkers & Parents

## TIPS FOR WALKERS

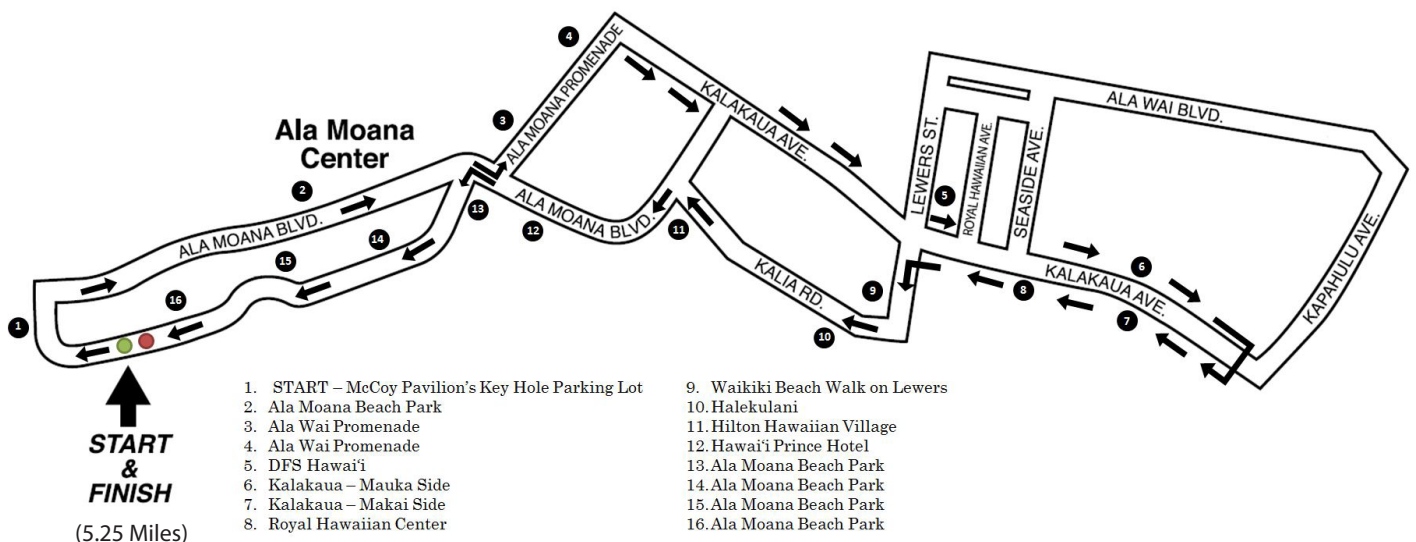
1. After the first couple of miles, walking is warm business so don't overdress.
2. Carry enough money for phone calls and bus fare.
3. Water and other refreshments will be provided at checkpoints along the route. Eat lightly beforehand.
4. Wear comfortable walking shoes and a thick pair of socks.
5. Dress for the weather. The CHARITY WALK will go on, rain or shine.
6. Bring only items that can be easily carried (ie., sunglasses, lotion).

7. Walk at a rate that is best for you to conserve energy.
8. Skates, roller blades, scooters/razors, bicycles & skateboards should not be used due to increased pedestrian and vehicle traffic.

## TIPS FOR PARENTS

1. The CHARITY WALK will be patrolled. Walkers will be taken to starting point if they cannot complete the course. Please instruct your children to phone you regarding their plans for getting home.

2. If you arrange to meet your children at the starting point, pick a specific place on the grounds that you all know.
3. Have your child carry identification.
4. We have no way of knowing where along the route your child may be at any given time. If you feel the need to know, please ask him/her to call you at regular intervals.
5. Your young people are helping us. They are giving their time and spirit to help others. We want them to be safe and to stop walking before they reach exhaustion. Please ask them to follow the tips on this card.



NOTE: There will be rolling walker starts between 7:00 am - 7:30 am, mahalo for your patience.

You can also register to walk and fundraise through our online Charity Walk website: